

# Packed Lunches



## Packed Lunch SHOULD include:

- A sandwich or similar (wrap, rice, salad, pasta salad etc)
- A drink of water or milk
- A portion of fruit
- A portion of vegetable
- Dairy (cheese or yoghurt)



## Packed Lunch SHOULD NOT include:

- Jam or chocolate spread sandwiches
- Fizzy drinks
- Bars of chocolate
- Crisps more than once
- No nuts or nut-based products

